






Nutrition Resources

If you want to...	Talk to...	Information you should know...	Benefits...
<p>Visit a farmers market for fresh seasonal fruits and vegetables, or pick your-own fresh produce at a local farm that provides this service.</p> <p>Learn how to cook a healthy, delicious meal.</p> <p>Learn about healthy restaurant options in my area.</p>	<p>Name and number of my local Iowa State University Extension Service - http://www.extension.iastate.edu/healthnutrition/ to learn about healthy options and food preparation tips:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Name of my local community college, community center, or school offering healthy foods cooking classes.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>List of my community's local healthy eating offerings:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>The whole family can benefit from fresh, locally grown produce.</p> 
<p>Make a calendar list of seasonal fresh fruits and vegetables available in my community.</p> 	<p>Name and number of my local supermarket or food store that provides healthy food selection tips or label reading information (some food stores offer free or low-cost classes):</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Eating more fruits and vegetables – http://www.fruitsandveggiesmorematters.org/</p> <p>Ideas and tips on eating more fruits and vegetables.</p> <p>_____</p> <p>Eating healthfully – http://www.idph.state.ia.us/iowansfitforlife/eating_smart.asp</p> <p>More ideas and resources on how to eat healthfully.</p> <p>List of my goals to eat healthy: (Examples)</p> <p>_____</p> <ul style="list-style-type: none"> • Eat two additional servings of vegetables daily; add to my routine meal plan this week. • Add low-fat-milk, yogurt, or cheese in replacement of whole milk or 2% milk. • Learn to read food labels. • Keep a journal of the foods I eat. • More ... 	<p>Bring together friends, neighborhoods, and family with a healthy-foods theme block-party. Include healthy foods offered and grown in your local community. Gather support from local businesses, churches, synagogues, banks, or community service organizations.</p> 

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Additional Nutrition Resources

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